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Informed by science, she  
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The Wahls Protocol is a healing protocol that focuses on nourishing your mitochondria, the energy factory of your cells. It ' s an excellent protocol to use if you suffer from any type of autoimmune issue or chronic condition that affects your daily life.

Everything You Need to

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researcher, and sufferer of progressive multiple sclerosis whose TEDx talk is already a web sensation.

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Wahls ...

But you don't eat: Dairy  
products and eggs.

Grains (including wheat,  
rice, and oatmeal)

Legumes (beans and  
lentils) Nightshade

vegetables, which  
include tomatoes,

eggplant, potatoes, and  
peppers. Sugar.

Wahls Protocol Diet for

*Page 21/36*

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MS Treatment:  
Effectiveness and Foods  
A diet you probably haven't heard of yet is the Wahl's Protocol. Similar to Paleo, the Wahl's Protocol is a diet and lifestyle developed by Dr. Terry Wahls, M.D. Her website, book and Facebook page are full of testimonials from people who've found

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Protocol life-changing. A doctor friend suggested I try it, too.

My experience with the  
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become a sensation,  
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people with  
autoimmune diseases.

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edition, Dr. Terry

Wahls outlines the latest research that validates the program and offers new, powerful tools to arm readers and help them achieve total health.

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Conversation Starters

Dr. Terry Wahls was a typical physician who prescribed drugs and medical procedures to

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D  
treat her patients. But  
when she was diagnosed  
with multiple sclerosis,  
not even her faith in  
drugs and modern  
medicine could heal her.

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of preparing your greens with the other ingredients, you use the greens as a taco

“ shell. ” . Bisht, B.

Seaweed and organ meats should be included once per week.

They can also incorporate the just-added Wahls

Elimination Diet into their plan to pinpoint individual food

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sensitivities, so their diet  
is as ...

Terry Wahls M

D  
wahls protocol meal  
delivery -

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Diet The curative diet  
promoted by Wahls to  
treat MS is a modified  
paleo diet, relying  
primarily on grass-fed  
meat, fish, leafy  
vegetables, roots, nuts,

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and fruit and restricting dairy products, eggs, grains, legumes, nightshade (solanaceous) vegetables, starches and sugar.

Terry Wahls -  
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The Wahls Protocol®  
involves three key  
elements, all of which  
are being tested or have  
shown results in clinical

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Protocol. Those three elements are: The Wahls Protocol® Diet — Dr. Wahls is meticulous about what she eats. “ Food is the most potent medicine, ” she said.

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